



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated, 01-23-12)

100352 - CARROTS, FROZEN, SLICED, 30 LB

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A frozen carrots, sliced or crinkle-cut.
PACK/YIELD	<ul style="list-style-type: none">30 lb case.One 30 lb container AP yields about 74 cups cooked, drained sliced carrots and provides about 296.1 ¼ -cup servings cooked, drained vegetable.One lb AP yields 0.95 lb (about 2¾ cups) cooked, drained sliced carrots and provides about 9.87 ¼-cup servings cooked, drained vegetable.CN Crediting: ¼ cup cooked, drained, sliced carrots provide ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened frozen carrots at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Carrots, cooked, without salt

	¼ cup (37 g)	½ cup (73 g)
Calories	14	27
Protein	0.21 g	0.42 g
Carbohydrate	2.86 g	5.64 g
Dietary Fiber	1.2 g	2.4 g
Sugars	1.51 g	2.98 g
Total Fat	0.25 g	0.50 g
Saturated Fat	0.04 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.20 mg	0.39 mg
Calcium	13 mg	26 mg
Sodium	22 mg	43 mg
Magnesium	4 mg	8 mg
Potassium	71 mg	140 mg
Vitamin A	6263 IU	12357 IU
Vitamin A	313 RAE	618 RAE
Vitamin C	0.9 mg	1.7 mg
Vitamin E	0.37 mg	0.74 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">Frozen carrots can be cooked without thawing.STOCK POT or STEAM-JACKETED KETTLE: Add frozen carrots to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 20 min. Drain.STEAMER: Place frozen carrots in a single layer in a steamer pan. Steam uncovered for 3 to 5 min. Drain. If desired, sprinkle 1 tsp of seasoning over each 100 servings of vegetable and stir to combine. Do not boil.Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steamtable or in a holding cabinet.
USES AND TIPS	<ul style="list-style-type: none">Serve cooked carrots alone or in a variety of main dishes, soups, or salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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